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An ink jet recording method of ejecting ink using an ink jet head substrate provided with a heat generating resistor which is coated with a protecting film, wherein the ink is ejected by a pressure produced by generation of a bubble created by film boiling of the ink caused by application of thermal energy to the ink through the protecting film, the thermal energy being generated by driving of the heat generating resistor, the improvement residing in that:

there is provided a recording mode in which the ink is ejected with a maximum temperature at the surface of the protecting film which is contacted to the ink not higher than 560°C.

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